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## BOOK REVIEWS

IN CHARGE OF

GRACE H. CAMERON, R.N.

**AUTOINTOXICATION OR INTESTINAL TOXEMIA.** By J. H. Kellogg, M.D., L.L.D., F.A.C.S., Medical Director of the Battle Creek Sanitarium. The Modern Medicine Publishing Company. Price, \$2.50.

That intestinal stasis is the fundamental and widespread cause of a large share of the chronic maladies that afflict the people of civilized lands, is generally accepted by eminent medical authorities. The purpose of this book, as stated in the preface, is to present in some detail, methods of dealing with cases requiring change of the intestinal flora, methods successfully employed by the writer and his colleagues in the treatment of some thousands of patients. The author claims that "diet is the dominant factor" in this treatment, but "it is expected that other rational measures will be simultaneously employed." He presents what he regards as the true rationale of the milk cure and various other food cures. He states that "This work has been prepared with special reference to the needs of trained nurses and busy practitioners who have not time to keep up with voluminous literature of modern bacteriology and physiologic chemistry, but who are prepared to appreciate the value of well tested methods which produce the results expected of them."

**THE PRINCIPLES OF MENTAL HYGIENE.** By William A. White, M.D., with an introduction by Smith Ely Jelliffe, M.D., Ph.D. The Macmillan Company, New York. Price, \$2.

Mental hygiene is a comparatively new science with many subdivisions. This book briefly considers the principles involved in the concepts of the greater defective, delinquent, and dependent groups, the significance of the insane, the criminal and the feeble-minded classes, and of the principles of society's relation to them. The introduction by Dr. Smith Ely Jelliffe, traces the growth of this movement and briefly indicates "how much more pervasive are the phenomena of mind in our daily living than we are wont to suppose." The author, after a short introduction, explains "the underlying concepts" and makes a brief survey of the more important "mental mechanisms" which are pertinent to the various problems that present themselves for the application of the principles of mental hygiene. The problems discussed are: the Insane, the Feeble-minded, the Pauper, the Unemployed, etc. There is also a chapter for the consideration of such social conditions as are developed by patent medicine cures, impair-